

February 2023



The coalition's efforts are highlighted in this month's newsletter. Take a peek at what we've been up to lately!

"Perseverance is not a long race; it is many short races one after the other."

-Walter Elliot

See what's happening on our social sites:



Visit our Website

### Boost Your Self-Esteem Month

Take breaks, breathe deeply.

Find healthy ways to get movement in your day.

Set a goal, and work towards it.

Turn off social media and be fully present in your day.

### Boost Your Self-Esteem Month

Self-esteem is your overall sense of personal value and self-worth. February recognizes the importance of appreciating ourselves despite what challenges we may be facing. Mental health is just as important as physical health, take some time this month to acknowledge your accomplishments.

## 8th Grade Parent Orientation



Rockville High School hosted an 8th grade parent orientation for upcoming students and parents to learn about all the things the high school has to offer.

It was a great event to meet upcoming students and parents to talk about our prevention efforts within our community.

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## Coalition at CADCA

This month members of the coalition and our partners at the Change Collaborative attended the CADCA's 33rd Annual National leadership forum, a four-day event to learn the latest in substance use prevention. We can't wait to share what we learned to word towards our mission.

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## Winter Blues

February is the shortest month, yet it may be one of the most difficult due to the cold weather and short days. [Seasonal Affective Disorder](#), or "Winter Blues," is a genuine phenomenon that happens in areas where there is less sunshine at particular times of the year, such as Connecticut. Symptoms such as fatigue, sadness, despair, and social disengagement may be present. Be aware of how you're feeling, and if you find that you're experiencing some of the symptoms described, utilize the suggestions below in an attempt to boost your mood!



## Tips to overcome The Winter Blues



Move your body



Talk to someone



Seek out sunlight



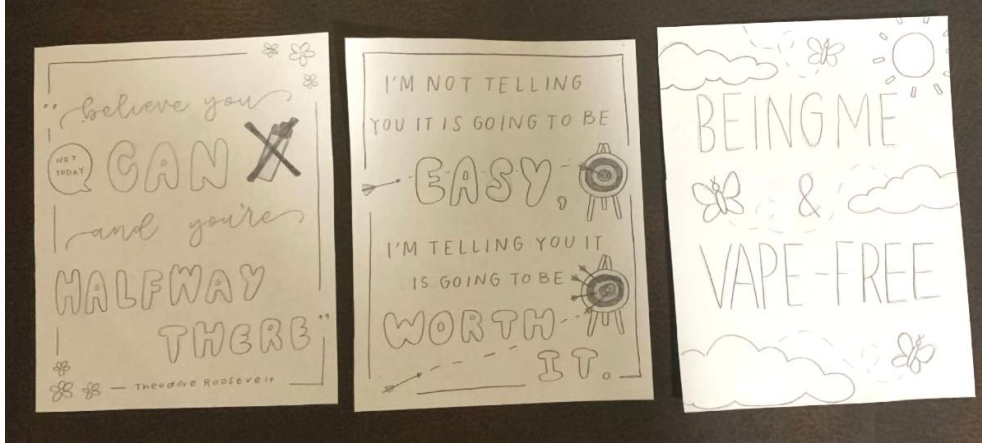
Do relaxing activities

VERNON  
**ROCKS**  
COALITION

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## Real Talk Update

Our youth group Real Talk is working on creating a vaping cessation journal. This journal will be used as a resource for students within the school who need a push to quit vaping. The students are working on creating coloring pages, finding motivational quotes, and brainstorming cessation tips. See below some of the work our students have completed!



If you or a loved one is having trouble with substance abuse check out the available resources in the area.

[Get Help](#)

If you are aware of an underage party or illegal activity follow the link and submit the anonymous form below, and the Vernon ROCKS Coalition will work with the Vernon Police Department to prevent or stop the activity.

[Report it Here](#)

Are you are interested in becoming more involved with the Vernon ROCKS Coalition we are always looking for more members. You can join by visiting our website!

[Get Involved](#)

The Vernon ROCKS Coalition | [Website](#)

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